

1 Minute



4 Safety

# Your Safety

## in Ascending/Descending Stairs



- Always hang on to handrails – not each other
- Look out for spills or debris on stairs
- Avoid talking or texting on the cell phone, reading, eating while using stairs
- If a slip/fall occurs and you hurt yourself, report immediately to Health Services in Bldg. 26 or call 7-911



For more information, contact Health Services x 6266